Research Inquiry: New Philosophical Perspective on Consciousness - Independent Scholar from Egypt

,Dear Center for Consciousness Studies Team"

I am a philosopher and explorer from Egypt, and I have developed a new .[scientific/philosophical] perspective regarding the nature of consciousness

I am writing to inquire about the best pathway to present my findings to your esteemed center, whether through an upcoming conference or a research submission. I believe my .work offers a unique contribution to the global dialogue on consciousness

.I would be honored to share an abstract of my work for your initial review

Best regards

I love my mind my nickname is steel jet

And my name Ahmed anter

This is my perspective

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"The Deep Mind: Wisdom lies in being aware of the nature of your thoughts. Self-confidence makes you like a blank slate from within; you do not wait for feelings to comfort or entertain you; instead, you become the master of your own thinking. By controlling your thoughts, you make your emotions subordinate to you; they wait for your signal to start, providing you with a pleasant sensation that you can experience as you wish. You can also switch off these mind-generated emotions; if you perceive them positively, they turn into a powerful, enthusiastic energy—like an electric current that you direct solely through your thinking. Any other way of dealing with the self may, unfortunately, lead to psychological or mental illnesses. In environments dominated by ignorance, one easily falls prey to disease; long-standing traditions and inherited beliefs—despite being sheer ignorance—are the primary causes of these illnesses. These beliefs are foolish, yet we fear admitting it or debunking them for fear of defying the norm. Thus, we convince ourselves they are correct simply because everyone follows them, feeling guilt or strangeness if we ever deviate from them the Philosophy of Mind and Liberation from the Illusion of Self:

Many fail to realize that the mind possesses the power to rectify misinformation and transform it into truths. They confine human and social nature within flawed beliefs, such as the claim that your emotions and personality are a fixed destiny you are born with and cannot change. Even genes, which are influenced by the environment, can have their impact directed by a conscious mind. In societies dominated by ignorance, traditions and customs generate distorted information about the nature of the soul, deluding the individual into believing their personality is static with no room for reform, while ignoring the power of wisdom and rational thinking.

These people focus on superficial psychological appearances without understanding their essence; their beliefs become like the taste of a fruit they savor without knowing its name. When they discuss scientific matters they do not comprehend, they agree on illusions and validate one another, leading to a standstill in their thinking and a false sense of satisfaction. This complacency fuels backwardness, increases ignorance, and traps them in a cycle of repeating the same mistakes, justifying it by saying: 'This is just who I am.'

Such thoughts are the origin of illness. Therefore, do not view yourself through the lens of helplessness; look to your mind—it thinks, and you comprehend. The more you rely on your mind, the more your intelligence grows until you reach the level of genius, discovering within yourself capabilities you never knew while you were a prisoner of a narrow self-view. The

mind thrives on confidence; it makes it as free as the air, soaring through the realms of nature and generating further ideas from every single thought.
The mind discovers itself by itself and constantly seeks to increase its knowledge. It loves to question and never rests, yet it operates with calm and dignity. It does not waste time on trivialities, and if it does, it constructs from them something intellectually beautiful or clever wit. There is no true success without the mind. Most physical ailments are merely illusions stemming from the 'self,' while the mind perceives natural pain without distortion or exaggeration. Keep your thinking calm; for within the mind's tranquility lies the ability to solve the most difficult problems, and through it alone do you possess personal freedom and freedom of thought
"Fear of Fear"
"When you fear fear itself, its power and control over you increase; the more you surrender to it, the more it dominates you. The self may deceive you, saying: 'Trust your fear; I am protecting you and will bring you peace,' but the truth is that fear stemming from the psychological self is a disease, not a natural state. It is a weakness that makes you believe that self-isolation is the path to salvation.
There is a fundamental difference between two types of fear: the fear of the self and the fear of the mind. Self-fear is a pathological and negative state that makes you selfish, as if it were telling you: 'Think only of yourself and avoid anything that might hurt you, even if it is someone you love.' In contrast, mind-fear is an 'invisible fear'; it consists of powerful emotions rooted in love, like the energy you exert to protect those you care for. It is a noble feeling that does not weaken you but rather empowers you. There is also physical fear, which is an instinctive alarm of pain meant to protect your bodily organs, and is not merely a psychological emotion.
Fearing fear creates a vicious cycle; it begins with tension and anxiety, then distorts feelings of love or hate, making you unable to understand those around you, even your loved ones. Because your emotions originated from fear, you will find yourself focusing on the flaws of others while neglecting your own, living in a state of self-doubt that drives you to actions you will later regret.
Fear breeds anxiety, anxiety breeds tension, and tension transforms emotions into a desire for possession. For example, if you love a girl and anxiety about losing her takes hold of you, your actions will be built on fear and tension, and you may end up hurting the one you love without realizing it. In this state, you lose the ability to distinguish between right and wrong, as you become a prisoner of a single emotion that makes you believe the entire world is against you :
"When your mental health is in good shape and you draw strength from your self-confidence, your limbs become flexible and your body movements excellent, performing their functions with high efficiency—to the point where you might find it hard to believe. Everything in your body works actively as if you have practiced your morning and evening exercises; your organs stay vital and do not tire easily, and your endurance does not weaken, thanks to your active vital functions.
However, if you surrender to delusions, you will begin to feel exhausted and your endurance will falter. When you convince yourself that you cannot understand, you truly won't, and you will find your negative emotions feeding off themselves. At that point, both your internal and external organs will feel frail and weak; all due to the deterioration of your psychological health and lack of self-trust. Therefore, do not yield to your illusions no matter how powerful they seem, because if you feel unable to resist, the delusion will take a tighter grip on you, and you will sink into negative emotions

"Why can’t you break free from the prison of your personality? Your emotions follow a monotonous pattern that repeats every moment you feel, as if you are imitating a person trapped within your mind who never leaves. You are convinced that your personality is beautiful and you see it as unique, but the truth is that this insularity limits your intelligence; because your personality lacks the love of knowledge and the freedom of thought.
The greatest problem is that what makes you most narrow-minded is your clinging to this personality despite thinking you are special. These feelings and thoughts are nothing but an illusion you constantly repeat, trying to hide it behind your sense of uniqueness. When you get a feeling that an idea is correct, it might actually be wrong, but you follow it simply because it matches the personality you love. Your emotions understand one another, like a path you walk with a single, repetitive view; static trees, flowers, and colors that never change. It is as if you are painting a rigid portrait whose features never shift, and this reflects in your actions, movements, glances, and your limited thinking that finds it difficult to solve matters simply, taking a long time to comprehend.
This approach of yours is characterized by closeness; because you do not understand how to liberate yourself from the shackles of your personality, leaving your freedom of thought as fixed as the equation (1 + 1 = 2). This personality causes you problems with yourself, with others, and even in learning and beliefs, making your understanding superficial. You live within the boundaries of your emotions and cannot transcend them; because your emotions are comfortable in repeating themselves and fear change to avoid confusion.
Such personalities do not grasp the true meaning of the Mind. I do not believe in the saying 'this person has a talent' if it refers only to self-reliance; for true talent is the Mind and comprehensive thought, not just something stemming from the soul. I feel superficial when I say 'I have only one talent'; true talent encompasses every action and every thought. If you find yourself limiting your talent to one thing, know that you are confined within your personality and are not relying on your mind. We sometimes love one thing and don't want to do anything else, and this doesn't mean possessing talent or freedom of thought; it is merely enjoying the comfort zone.
If you want to understand, you must realize that the Mind is the ultimate talent. There is no such thing as being 'talented in only one thing'; this meaning is inaccurate. If you want to describe someone who excels in a single matter, tell them: 'You possess an aspect of talent,' because you only see yourself from one angle. Think, so that you truly deserve the description of being 'talented.' This is the main reason; for the self is complex, its emotions are intertwined, and its meanings are identical, chasing one another
Conclusion:
Liberation from the "This is me" dogma is the key to reaching a state of genius. When the Mind regains its dignity and calm, it becomes "Free as Air," capable of solving complex problems and transforming trivialities into beautiful intellectual constructs. The research concludes that mental health is a direct result of "Self-Confidence," which renders the internal state a "White Page" mastered by the Mind alone
Without any feelings emerging from the soul, rather than the mind.”